



North Andover Senior Center Weekly News Article

October 29th, 2015

**PRINCIPLES FOR ATTAINING THE BEST POSSIBLE QUALITY OF LIFE
FOR ALL INDIVIDUALS AS WE AGE**

Society cannot thrive or even survive without the continuous active participation of all people as they age. Each of us, both individually and collectively, has a stake in building an environment in which every person has an equal opportunity to participate in all aspects of civic life. We believe all adults, during each stage of the lifespan, should have the full and free enjoyment of these fundamental principles for aging well. To live in a society that understands the positive aspects of aging, recognizes the interdependence we rely upon to meet life's challenges, and values the intergenerational sharing of life, wealth, wisdom, caring and caregiving. To attain economic security through a combination of earning an adequate income, saving money over one's lifetime, and learning basic financial skills to avoid financial hazards and financial exploitation. To attain and sustain the best possible physical, cognitive, and mental health and have the opportunity to benefit from proven methods for maximizing and improving one's abilities, health and happiness. To reside in affordable housing suitably designed to accommodate the predictable changes in functional abilities we'll likely experience as we age. To exercise control over managing one's own life and participate in a wide range of civic, cultural, learning, spiritual and recreational opportunities for as long as possible. To have access to social assistance services, including protection against abuse and neglect, that can be readily provided in an efficient and appropriate manner for diverse populations. To have an adequate array of flexible, reliable transportation options. To have access to affordable long-term services and supports that can sustain individuals in the setting of their choice, including a consumer's full participation in managing services. To lend meaningful support to caregivers to preserve the beneficial impact caregiving has upon the caregiver, the person depending upon them and society at large. The "Embrace Your Future" initiative, overseen by the Executive Office of Elder Affairs, is part of a joint federal-state initiative of the US Dept. of Health and Human Services (DHHS) entitled "Own Your Future." These efforts are supported by the North Andover Elder Service Division. For more information please call 978-688-9560.

Upcoming Socials:

ANNUAL THANKSGIVING FEAST: with all the fixings! Thursday Nov 19th, 12-2pm

Entertainment with The Gentlemen Songsters. Open to the first 100 North Andover Seniors. Tickets are \$10.

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help *you*: call the North Andover Senior Center to set up an appointment.

Upcoming Socials:

“RETAIL THERAPY” DAY TRIP TO FRUGAL FANNIE’S: Friday Nov. 13th. Sign up begins Oct 30th. Van \$6 and departs at 9 am. Lunch on your own at Olivadi Restaurant in Norwood.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7, Tuesdays with George Chory and Thursdays with Tom Kookan. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

S.H.I.N.E. VOLUNTEERS: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday only in September; First and third Tuesday of the month, starting in October.

NEWS & VIEWS: Every Wednesday at 10–11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Ray Cannon, NEW TIME and DAY Sept 22nd 10-12 and Atty. Ramsey Bahrawy, NEW TIME and DAY Tuesday Sept 8th. Schedule with Reception-first consult is free.

Have Visited the Senior Center to Join ANY OF THESE NEW GROUPS?

CHESS CLUB: Tuesdays 1-3.

WOMEN’S FORUM: 4th Thursday of every month, 1:30-3:00

ART CLASS: Tuesdays 1-3 pm, \$60 for 6 classes

BOWLING: Wednesdays at Academy Lanes in Bradford. \$8.50 a string.

MAHJONG: Thursdays 1-3 pm.

KNITTING: Tuesdays 9:30 – 11:30. New project “Hats for Vets and Kids”

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WELLNESS SERVICES

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

MASSAGE THERAPIST: Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2nd Friday of every month beginning Sept 11th. 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist (\$30), 3rd Friday of every month from 8:30-2:30.

WALKING GROUP- Our Walking Group walks at the Old Town Common during the summer at 9 a.m., Monday through Friday.

LOOKING TO GIVE BACK TO THE COMMUNITY?

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.



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